

What is Claimed is:

1. A method for performing a trigger-point massage, comprising the following steps:

(a) providing a spherical ball having an array of between 8 to 14 pliable nodes projecting axially from the surface of the spherical ball, wherein said pliable nodes are substantially
5 cylindrical; and

(b) applying pressure to a trigger-point using a pliable node of said spherical ball.

2. The method of claim 1, wherein the spherical ball and pliable nodes are composed of rubber or plastic.

3. The method of claim 1, wherein the spherical ball has 10 of said pliable nodes.

10 4. The method of claim 1, wherein the pliable nodes of said spherical ball are equally spaced.

5. The method of claim 1, wherein the pliable nodes of said spherical ball have a flat end.

6. The method of claim 1, further comprising the following step:

(c) massaging an area surrounding the trigger-point.

7. The method of claim 6, wherein step (c) is carried out with said spherical ball.

8. The method in claim 7, wherein the spherical ball and pliable nodes used to carry out step (c) are composed of rubber or plastic.

9. The method of claim 7, wherein the spherical ball used to carry out step (c) has 10 of said pliable nodes.

5 10. The method of claim 7, wherein the pliable nodes of said spherical ball used to carry out step (c) are equally spaced.

11. The method in claim 7, wherein the pliable nodes of said spherical ball used to carry out step (c) have a flat end.

10 12. The method of claim 1, wherein said pliable nodes are between one-half inch to one inch in both length and diameter.

13. A trigger-point therapy device, comprising:

a spherical ball; and

an array of between 8 to 14 pliable nodes projecting axially from the surface of the spherical ball, wherein said pliable nodes are substantially cylindrical.

15 14. The device of claim 13, wherein the spherical ball and the pliable nodes are composed of rubber or plastic.

15. The device of claim 13, wherein the spherical ball has 10 of said pliable nodes.

16. The device of claim 13, wherein the pliable nodes of said spherical ball are evenly spaced.

17. The device of claim 13, wherein the pliable nodes of said spherical ball have a flat end.

18. The device of claim 13, wherein said pliable nodes are between one-half inch to one inch in
5 both length and diameter.